



June 2015

978-957-2611

Dracut Council on Aging Newsletter

951 Mammoth Road, Dracut MA, 01826

www.dracutma.gov/council-on-aging

Senior Center Hours

Monday - Friday
8:00 AM to 4:00 PM
June 8th & 15th until 6:00 PM

COA Staff

Executive Director

Bethany Loveless
bloveless@dracutma.gov

Activities & Volunteer Coordinator

Judy Gilbert
jgilbert@dracutma.gov

Social Services Coordinator

Donna Houston
dhouston@dracutma.gov

Clerk/Bookkeeper

Pat Cahill
pcahill@dracutma.gov

Dispatcher

Kathie Zabbo-Greenwood
kgreenwood@dracutma.gov

Bus Driver - Anita Chartier
Bus Driver - Charleen Bennett

Custodian - Gertrude Frechette

Custodian - Bob Houston

Meal Site Manager - Debra Lasorsa

Meal Site Aid - Donna Campbell

COA Board

Vacant, Chairperson
Ann Casey, Vice Chairperson
Mary Jo Sudol, Treasurer
Renee Espinola, Secretary
William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fleury
Louis Darvirris
Omer Matte
Anna Collupy

Director's Message

We have so many special events for June that I needed to use my column to fit them all in. Frankly, this is the way it should be

**Happy Father's Day to all those Fathers,
and those that have Fathered.** - Bethany

Special Events

Please RSVP in advance for the following events.
Call 978-957-2611. Additional events listed on page 6.

Legacies Competition Luncheon Tuesday, June 9th at 12:00 PM

This luncheon and award ceremony is for those who contributed works to the 11th Annual Legacies Anthology and their guests. Please RSVP to the Senior Center front desk. Thank you to Mike Langlois for compiling the anthology and to our sponsor organization, The Dracut Cultural Council.



**Showing of *Still Alice*
with Alzheimer's presentation
Friday, June 12th at 2:00 PM**

Presented in partnership with Senior Helpers, we are offering a special showing of the movie *Still Alice*, the 2014, Oscar winning, drama starring Julianne Moore. In this story Julianne portrays a professor who is diagnosed with Early-onset Alzheimer's Disease. Prior to the movie, there will be a brief educational presentation on Alzheimer's. After the showing we will have a discussion session and answer questions. We hope this will be the first in a series of Alzheimer's presentations that will then allow us to delve more deeply into disease education and caregiver support. This is a free event and refreshments will be served.



**6th Annual Senior Talent Show
Tuesday, June 16th at 12:00 PM**

In partnership with HomeInstead, this year's talent show will have a Hawaiian Luau theme complete with a tropical lunch of chicken with pineapple sauce, garden salad, fruit kabobs and toasted coconut ambrosia. Although the room and menu will be themed, all talents are welcome in the show. DJ Ray Tremblay will provide music during lunch and for any performers who need it. If you would like to perform please contact Donna at 978-957-2611. Although this event is free, audience space is limited and admission requires a ticket obtained from COA staff.



Professional Services

Call the COA at 978-957-2611 to make an appointment with below services unless otherwise noted.

SHINE

Wednesday, June 10th

Appointments with SHINE (Serving the Health Insurance Needs of Elders) Counselor Jill O'Sullivan for free, impartial health insurance information.

Social Security Help

Monday, June 15th at 3:00 PM

Appointments with retired Social Security volunteer, Kathy Gosselin, for advice and questions regarding SS benefits.

Fuel Assistance

Seasonal November to April

Claire Wuolle, a retired Fuel Assistance professional, takes appointments to assist seniors in applying for Fuel assistance.

Representative Colleen Garry

Monday, June 15th at 10:30 AM

Rep. Garry, or a staff member from her office, will be on hand to answer your questions, take feedback, and talk about state and local issues.

Senator Barbara L'Italian

Monday, June 22nd at 11:30 AM

Senator L'Italian, or a staff member from her office, will be available to discuss your concerns regarding state and local issues, especially in regards to elder affairs.

Health Clinics

Drop in: Thursdays, 1:30 to 3:45 PM

Drop in hours to see Circle Home (visiting nurses association) RN Nancy Harding, for blood pressure or blood sugar checks, weight monitoring and general consultations. 100% of donations received for this service support Circle Home.

Hearing Screenings

Monday, June 8th, 10 AM to 12 PM

Appointments with Chris Streeter from Affordable Hearing to have your hearing checked and hearing aids checked/cleaned.

Outreach & Social Services

Donna Houston, Social Services Coordinator

978-957-2611 dhouston@dracutma.gov

Importance of Advanced Care Planning



As hard as it may be to face the idea of the end of life, it is important to plan how we want to live our final days. This includes thinking about what kind of end-of-life care we wish to receive and planning how to pay for it. Take time to consider your wishes, talk about what you want with those close to you. This will give them peace of mind and also help them express your wishes to your health care team if you cannot.

Instructions for End-of-Life Care: It is important to have your wishes written down. These instructions, to let others know the care you want, are called advance directives and typically include: a living will, a health care proxy, and/or a Do Not Resuscitate (DNR) order and/or Physician Orders for Life-Sustaining Treatment (POLST).

Living Will: A Living Will records your end-of-life care wishes in case you are no longer able to speak for yourself.

Health Care Proxy: Because it is unlikely your living will can cover every possible situation, you probably want to name someone to make care decisions for you if you cannot. This role is commonly called a health care proxy. You may choose a family member, friend, lawyer to be your health care proxy. You can name alternates who will serve if your primary is unavailable. You can name a health care proxy in an advance directive or in a durable power of attorney for health care, a legal document in which you name someone your health care proxy. Do not confuse a durable power of attorney for health care with a durable power of attorney, which allows someone to make decisions on your behalf regarding property or financial matters in addition to health care.

Do Not Resuscitate (DNR) Order: A Do Not Resuscitate (DNR) instructs health care providers not to perform cardiopulmonary resuscitation (CPR) or other life-support procedures if your heart stops or if you stop breathing.

Physician Orders for Preparing Advance Directives: A lawyer or you can prepare these documents. The forms are available on the Internet and from state/local government. These documents need to be witnessed, usually by a notary, and copies given to your health care proxy, alternates, primary health care provider and hospital.

Revisit Your Advance Directives: It's a good idea to review your advance directive from time to time and make changes if your health needs have changed. If you live in one state and spend a lot of time in another, make sure your forms are legal in both states.

Dracut Senior Citizen's Club

The Dracut Senior Citizen's Club is a social club open to any senior age 60 and older, regardless of what town you reside. Annual membership is \$2.00.

Member Meetings

Wednesday, June 10th

The 10th is our last meeting for the summer. After that, meetings will resume on September 9th. Meetings are held at the Dracut Senior Center from 1:00 to 3:00 PM. An optional Bingo game follows each meeting. For information on membership, or other Club related questions, feel free to call Mary Rowe at 978-697-6605.

Officers Needed!

Although we will soon be on summer hiatus, we have found our club in a bit of a pickle without nominations for any of our club officer positions. The Dracut Senior Citizen's Club has a long history of hosting fun and enriching events for area seniors and making donations to the Senior Center. We were even established prior to the Dracut Council on Aging. Unfortunately, if we do not find people willing to volunteer for leadership positions, this history will be in jeopardy. Please consider nominations for club: President, Vice President, Secretary, Treasurer, and Sargent at Arms.

Wish List

- Used or New Silverware (knives, forks & spoons)
 - Tea Cups & Saucers
 - Paper Towels
 - Tissues
 - Bottles of Soda
 - Bottled Water
 - Patriotic Napkins
- Theresa Vincent** - Paper Plates
Senior Citizen's Club - Salad Dressing
Louis Darvirris & Keith Bourgeois - hosting the free bi-monthly breakfast at Keith's Kitchen
Karen White - Coffee, napkins, copy paper, plates, water, paper towels
Friends Group - Decorations for our Memorial Day Parade "float" & 5 lbs. weights for the Bone Builders.

Thank You

Friends of the Dracut Elderly



You Should be a Friend!

Next Meeting Open to All

Tuesday, June 17th at 10:00 AM

We are considering fundraising efforts to install TV(s) in the Senior Center's dining room that will be intergraded into an improved sound system. This set up will allow better quality movie showings, make it possible to have visuals during educational presentations, show sporting events and other TV programs, and perhaps even display Bingo numbers. Join us as we plan events to raise funds for this needed update.

Friend's Board Members

President, Barbara Dickinson
 Treasurer, Linda Tamvaklis
 Clerk, Mike Langlois
 Board Member, Judy Fuller
 Board Member, Linda Bloomgren
 Board Member, Mark Ivos

Friends Foxwoods Trips

\$30 per person - Sign up at Center Front Desk

Friday, June 19th

Friday, July 17th

Wednesday, August 26th

Friday, September 25th

Friday, October 23rd

Friday, November 20th

Friends Atlantic City Trip

October 4th - 7th, 2015

4 days/3 night deluxe motorcoach for \$299 per person. Includes: accommodations at Bally's Hotel & Casino. round trip transportation from Dracut MA, \$75.00 slot play bonus, all local hotel taxes, baggage handling (1 suitcase/person) drivers gratuities.

For information on Atlantic City or Foxwoods Trips call Carol at 978-957-5527.

Places to Pick Up the Newsletter:

Alexander's Pharmacy, All Dracut Senior Housing, TD Bank (Bridge St), Market Basket, CVS (Lakeview Ave), Dracut Family Diner, Dracut Police Station, Dracut Town Hall, Jeanne D'Arc Credit Union (Lakeview Ave), Lucky Oil Burner Service, Bobola's Restaurant, MV Chiropractic (Bridge St Dracut), M.G. Parker Memorial Library, Plaza Cleaning Center, Shaw Farm, St. Mary Magdalene Church, Tedeschi's (Mammoth Rd), Dracut True Value Dracut, St. Francis Church, Washington Savings Bank (Broadway Rd), Dracut Barber Shop, Village Inn, St. Marguerite D'Youville Parish.

Second Hand Rose

Thrift Shop

Open Daily at the Dracut Senior Center.
 Donations of new/gently used, clean items arrive daily and are greatly appreciated.

General Public Welcome

All proceeds benefit the Friends.

Dracut Council on Aging

Newsletter


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June 2015

For a full menu please see the Senior Center kitchen or front desk. MOW = Meals On Wheels entrée only.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Zumba Gold 10:00 Bone Builders 11:30 Maple Glazed Salmon 1:00 Bingo 7:30 Annual Town Meeting transportation available	2 9:00 Veterans Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Fraud Prevention 10:30 Bone Builders 11:30 Pineapple Ginger Chicken 12:30 Stitch & Bitch	3 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 American Chop Suey 12:00 Art Class 1:00 Bone Builders	4 9:00 Energetics 10:30 Bone Builders 11:30 LS Hot Dog 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	5 9:00 Line Dancing 9:00 Walmart & Heritage Farm 10:00 Bone Builders 11:30 Potato Fish 12:00 Cribbage
8 10:00 Hearing Screenings 10:00 Zumba Gold 10:00 Bone Builders 11:30 Cheeseburger 1:00 Bingo Center Open Until 6:00 PM	9 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 11:30 Breaded Chicken 12:00 Movie - Big Eyes 12:00 Legacies Luncheon 12:30 Stitch & Bitch	10 9:00 Computer Class 9:30 SHINE 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Meatball Sub 12:00 Art Class 1:00 Bone Builders 1:00 Senior Club	11 9:00 Energetics 10:30 Bone Builders 11:30 Baked Ham 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	12 9:00 Line Dancing 10:00 Bone Builders 11:30 Krunch Lite Fish 12:15 Cribbage 12:00 Mystery Ice Cream 2:00 Still Alice Showing & Alzheimer's Presentation

15 10:00 Zumba Gold 10:00 Bone Builders 10:30 Rep. Garry Hours 11:30 Chicken a la King 1:00 Bingo 3 - 5 SS Help Center Open Until 6:00 PM	16 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders MOW BBQ Pork Patty 12:00 Hawaiian Lunch & Talent Show 12:30 Stitch & Bitch	17 9:00 Computer Class 10:00 Tai Chi 10:00 Bone Builders 10:00 Friends Meeting 11:00 Chunky's Trip 11:15 Meditation 11:30 Mild Chili 12:00 Art Class 1:00 Bone Builders 2:30 COA Board Mtg.	18 9:00 Energetics 10:30 Bone Builders 11:30 Roast Turkey 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	19 Friends Foxwoods 9:00 Red Cross Blood Drive 9:00 Line Dancing 9:00 Christmas Tree Shop+ & the 99 10:00 Bone Builders 11:30 Fish Strips 12:00 Cribbage
22 10:00 Zumba Gold 10:00 Bone Builders 11:30 Meatloaf 11:30 Senator L'Italian 1:00 Bingo	23 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 11:30 Chicken Cacciatore 12:00 Pizza Lunch 12:00 Movie - <i>Unbroken</i> 12:30 Stitch & Bitch	24 9:00 Computer Class 9:00 Windsor Place Trip 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Stuffed Shells 12:00 Art Class 1:00 Bone Builders	25 9:00 Energetics 10:30 Bone Builders 11:30 Chicken Supreme 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	26 8:30 Sand Sculptures & Old Salt 9:00 Line Dancing 10:00 Bone Builders 11:30 Fish Filet 12:00 Cribbage
29 10:00 Zumba Gold 10:00 Bone Builders 11:30 Teriyaki Chicken 1:00 Bingo	30 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 11:30 Roast Pork 12:30 Stitch & Bitch	7/1 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 11:30 Lunch 12:00 Art Class 1:00 Bone Builders Tentative Additional Sand Sculpture Trip	7/2 9:00 Energetics 10:30 Bone Builders 11:30 Lunch 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	Center Closed 7/3 

On Going Events & Activities

Social & Educational

Beginner's Computer - Wednesdays from 9:00 to 11:00 AM. Get individualized attention from Instructor Pat Merrill as you learn skills in this comfortable environment. \$15 for an 8 week course.

Arts & Crafts

Stitch & Bitch - Tuesdays at 12:30 PM. Bring your knitting, crocheting, needlepoint and stitch with friends. Novice and experienced hand workers welcome.

Art with Joan - Wednesdays from 12:00 to 2:00 PM. Cost is \$40 for an 8 week session. Join studio owner Joan Turner as you paint or draw. Bring your supplies and what ever piece you are working on.

Health & Fitness

Zumba Gold - Mondays at 10:00 AM. A party-like dance workout, specifically designed for seniors and beginners. Cost is \$4 a class.

Energetics - Tuesdays & Thursdays from 9:00 to 10:00 AM. A fun and upbeat class with a mix of cardio and strength training. Cost is \$20 per 4 week session.

Qigong & Tai Chi - Wednesdays from 10:00 to 11:00 AM. These self healing practices are based on gentle movements, relaxation, and deep breathing. They improve blood pressure, cardiovascular health, sleep, balance, and more. Cost \$5 per class.

Bone Builders - Increase your endurance and strength as you improve your balance and prevent falls. Participation is contingent upon written doctor approval. Pre-registration is required, see COA staff for details.
Mondays & Wednesdays from 10:00 to 11:00 AM
Tuesdays & Thursdays from 10:30 to 11:30 AM
Wednesdays 1 to 2 PM & Fridays 10 to 11 AM

Meditation - Wednesdays from 11:15 to 11:45 AM, free. This group meditation will quiet the mind, relax your body, and give you keys to improving your focus.

Beginner Line Dancing - Fridays from 9:00 to 10:00 AM. Cost \$2 a class.

Senior Bowling League - Fridays at 9:00 AM, Park Lanes in Windham, NH. Join this candlepin bowling league that are always looking for new bowlers.

Cards & Games

Cribbage - Fridays at 12:00 PM

Bingo - Mondays & Thursdays at 1:00 PM

Mahjong - Thursdays at 1:00 PM

Special Events Continued

Please RSVP in advance for the following events. Call 978-957-2611

Annual Town Meeting

Monday, June 1st at 7:30 PM

To have the COA bring you to the meeting please call us by 11:00 AM on the 1st.

Veterans Breakfast

Honoring Retiring VSO William Zounes

Tuesday, June 2nd at 9:00 AM

Sponsored by Bayberry at Emerald Court

This free breakfast is open to veterans, their families, and all those wishing to help us celebrate the 32 years that Billy Z. has been serving veterans! This breakfast will also be special as it is hosted by Bayberry, an assisted living and memory care residents in Tewksbury. To help us celebrate Billy, Bayberry will be catering an awesome breakfast spread for us.

Fraud Prevention Presentation

Tuesday, June 2nd at 10:30 AM

Sponsored by HomeInstead

Immediately following the Veteran's Breakfast we will be offering the fraud presentation originally scheduled for May. Learn tips and tricks to make sure you do not fall victim to scams and other fraudulent activities targeting seniors.

Lunch & Movie

Tuesday, June 9th

Lunch 11:30 AM - Breaded Chicken with whipped potatoes and carrots. Reserve lunch by 6/5.

\$2 donation is suggested. **Movie 12:00 PM** - *Big Eyes*, rated PG-13. Starring Amy Adams and Christopher Waltz, this is the true story of a female artist who's works became popular in the 1950's although her husband claimed credit for her paintings.

Red Cross Blood Drive

Friday, June 19th from 9:00 AM to 2:00 PM

For an appointment please call 1-800-Red-Cross or visit redcross.org and enter sponsor code DCOA.

Pizza Lunch & Movie

Tuesday, June 23rd

Pizza Lunch 12:00 PM - To change things up a bit we will have a pizza and soda lunch for \$3/person. Please RSVP and pay in advance by Monday, 6/8.

Movie 12:00 PM - *Unbroken*, rated PG-13. The true story of Olympian Louis Zamperini who survives a plane crash in WWII, adrift on a raft and then captured and placed in a Japanese POW camp.

Featured Excursions

Pick Ups begin at 9:00 AM unless otherwise noted.
Bus fare - \$5 round trip for below trips.

Friday, June 5th - Shopping at Walmart with lunch and ice cream at Heritage Farm.

Friday, June 12th - Mystery ice cream trip. Following an optional lunch at the center, Anita will pull the name of a local ice cream establishment out of the "hat". If you wish, return to the center for the Alzheimer's presentation.

Wednesday, June 17th - Home pick-ups begin at 11:30 AM. Late lunch and a movie at Chunky's Cinema, Nashua NH. We will be seeing the Disney movie, *Tomorrowland*, starring George Clooney. Movie admission \$6, lunch paid separately.

Friday, June 19th - Shopping at the Christmas Tree Shop, LL Bean, Burlington Coat Factory and Kohls, then lunch at the 99 Restaurant.

Wednesday, June 24th - A trip for a tour and free lunch at Windsor Place, an assisted living facility in Wilmington, MA.

Friday, June 26th - Home pick-ups begin at 8:30 AM. A great afternoon out to Hampton Beach. We will first view the 15th Annual Sand Sculptures Competition and perhaps shop the board walk. Following the beach we will travel slightly inland for a late lunch at the Old Salt Restaurant. They are making their early bird menu available to us with a three course meal for \$14. Restaurant menu available for viewing at the COA's front desk. If this trip fills, and at least 6 people are on a wait list, we will offer the trip again on July 1st.

Upcoming Trips

Reservations for the below July trips open
Wednesday, July 1st and are accepted until the trip fills.

July 8th Walmart & Keith's Kitchen (Wednesday Trip)

July 10th Edward M. Kennedy Institute of the US
Senate, Boston (Free Admission)

July 17th Museum of Fine Arts (Free Admission)

July 24th Museum of Russian Icons (Free Admission)

July 31th Greater Lowell Musical Theater, UMass Lowell,
A Funny Thing Happened on the Way to the Forum (Tickets \$30) Evening trip.

Reservations for the below August trips open
Monday, August 3rd and are accepted until the trip fills.

August 5th Walmart (Wednesday because Firefighter's Ice Cream social is Friday 8/7.)

August 14th JFK Library (Free Admission)

August 21th Charles River Sightseeing Cruise (Tickets \$17)

August 28th Plymouth Plantation (Free Admission)

Please
Note!

All Bus Reservations are made by calling the COA at 978-957-2611. Bus drivers cannot take sign-ups for medical appointments, trips, errands, shopping, etc.

Dracut COA Buses

Kathie Zabbo - Greenwood, COA Dispatcher
kgreenwood@dracutma.gov

Local Shopping/Social Trips

Mondays - Thursdays: 8:30 AM to 3:30 PM

Principle Driver - Anita Chartier

Reservations are taken no later than
12:30 PM the day prior to your trip.

Bus Fare: \$1 each way or 20 ride ticket for \$18
Shopping and errands around Dracut including to the senior center, grocery shopping, adult day health programs, hair appointments, pharmacies, banking, and visiting friends, just to name a few.

Medical Trips

Mondays - Fridays: 8:00 AM to 2:00 PM

Principle Driver - Charleen Bennett

You are encouraged to book your medical trips as soon as you make your doctor's appointment. Transportation to the following destinations for medical appointments. Scheduling is done on a first come, first serve basis.

Within Dracut - \$1 each way

Lowell Destinations - \$2 each way

Chelmsford Destinations & Select Destinations in
Tewksbury- \$3 one way or \$5 round trip

Merrimack Valley Nutrition

**Call the COA at 978-957-2611
to make a lunch reservations.**

Daily Lunch Program

Lunch served daily at 11:30 AM. Please call 3 weekdays in advance to reserve your meal.
\$2 donation is suggested.

Meals on Wheels

A hot, nutritious lunch delivered to home-bound seniors daily, M - F. To learn more about this program, or see if you qualify, call Merrimack Valley Nutrition at 978-686-1422.

The Lowell Sun article on our need for more Meals on Wheels Drivers brought in 10+ volunteer applicants. Thank you to all those who read about our need and volunteered to serve!